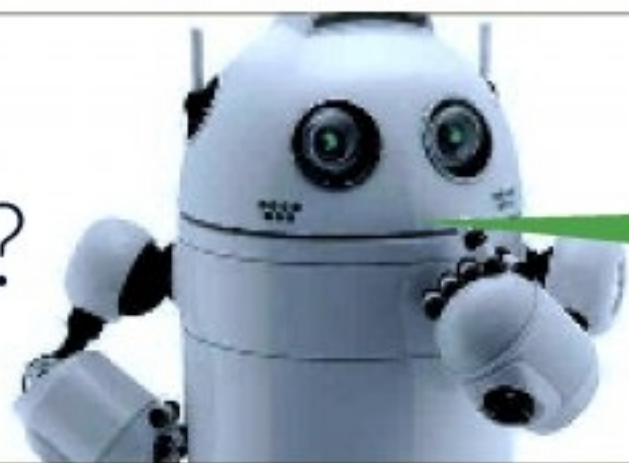


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## ROAD ROW

New twist in the  
city's yellow-light  
saga might leave  
drivers squealing  
(or at least their tires)

metroNEWS

## Police HQ is risky business

BUILDING SALE

**Tenants, missed  
revenue sources  
of concern**



**Braeden  
Jones**  
Metro | Winnipeg

Some city councillors are worried that security risks around the new police headquarters will keep money that's been budgeted out of city coffers for too long.

The city is missing out on expected revenue each month the 11-storey office tower at 266 Graham Ave. sits empty and will spend \$300,000 this year just to maintain the space. And, some fear it will sit empty longer than anyone had planned since the police service raised concerns about who might move in.

Metro recently obtained partially redacted documents showing police are concerned that selling the tower — which is attached to the police service's new

headquarters — will open the department up to "counter surveillance" and leave officers "vulnerable."

Coun. Russ Wyatt said politicians were "never formally informed" of potential security issues associated with the sale. And, getting revenue out of the property as soon as possible is critical, he said.

The 2016 budget "actually included a huge risk of over \$2 million in rent that we were expecting to get," Wyatt said. "That's based on rent Jan. 1 to Dec. 31."

"We're not going to be receiving anywhere near that."

Coun. John Orlikow echoed that. "We have to find a way to get some revenue out of that building," he said. "We need to recoup some of our costs and get it out of our inventory."

Both councillors were on a committee that recently approved a call for offers from people interested in buying or leasing the tower.

Proposals will be accepted until May 20, and they must meet the police service's favour to move ahead, Orlikow said.

**\$18M**

Amount city  
spent to buy  
the office  
tower at 266  
Graham Ave.

BRAEDEN JONES/METRO

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# Police probe 103 arsons so far

FIRE

**But overall year-over-year numbers down**

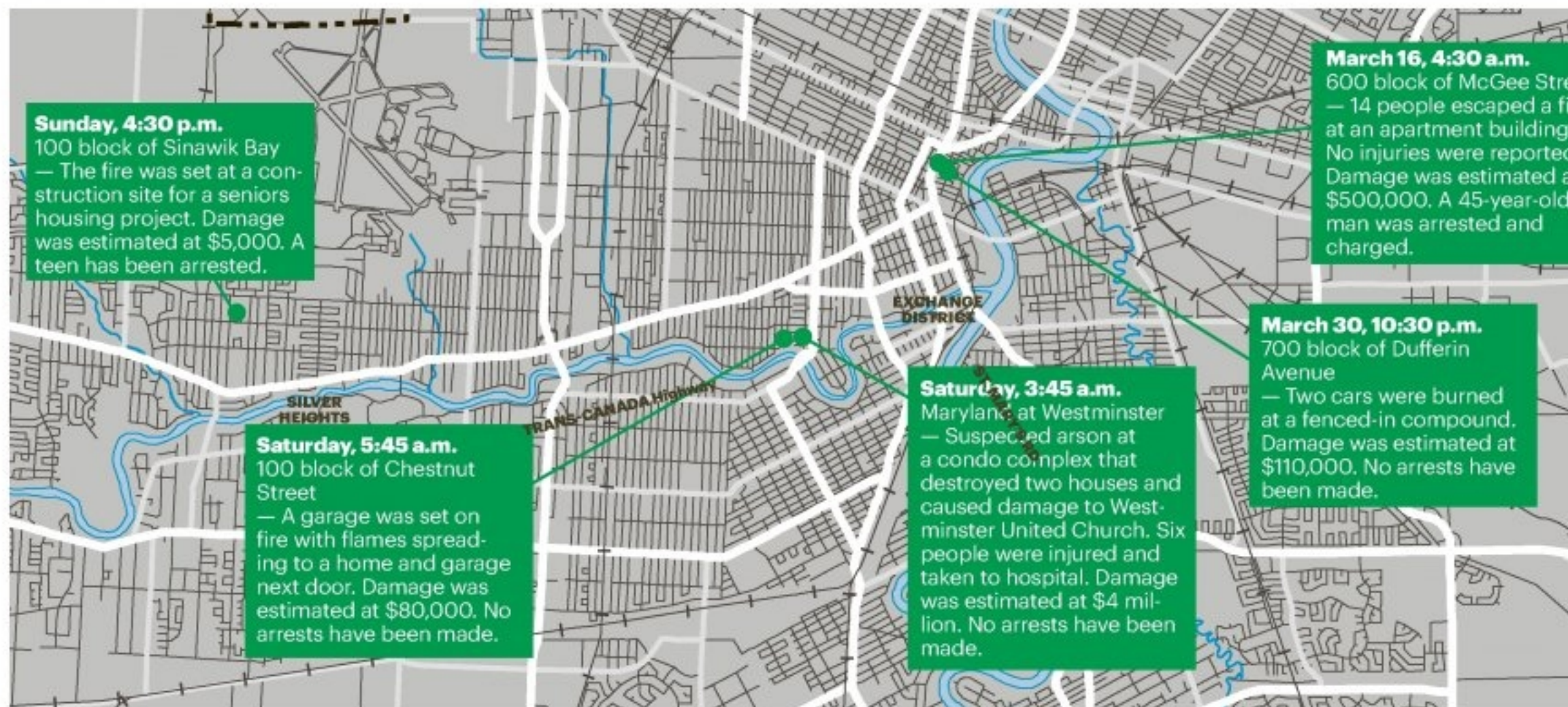


**Evan Matthews**  
For Metro | Winnipeg

A 16-year-old is facing charges in a weekend arson. Police say they've tied the teen to a fire at a construction site on Sinawik Bay in the St. James neighbourhood. He's been released on a promise to appear in court.

The fire was among 103 arsons police have investigated so far this year. Although some of the cases have been higher profile and caused more damage than those reported in 2015, the overall number of arsons is down year-over-year.

But, we're moving into "arson season," with the weather is "more conducive," police said ahead of arson awareness week starting May 1.



Some of the more notable arsons, and one suspected arson, in the last six weeks. GRAPHIC BY ANDRES PLANA/METRO

## Rail safety on the right track



**Braeden Jones**  
Metro | Winnipeg

Manitoba is on the right side of the tracks after having reduced serious rail injuries more than any other province in the past year. Serious injuries in the province decreased by 75 per cent in 2015. Railway fatalities and injuries nation-

wide dropped 28 per cent, to 36 from 50, marking the lowest number in a decade.

Operation Lifesaver, a national body that promotes rail safety, says the province's rail safety record will only get better if the recently formed rail relocation task force really gets rolling.

"If you're relocating the rail lines where you'll have clearer vision and less urban

development, and less density, that's going to help," said Mike Regimbal, Operation Lifesaver's national director.

Monday marked the first day of Rail Safety Week 2016, during which Operational Lifesaver is spreading the message: "See Tracks? Think!"

The campaign emphasizes a shared responsibility between communities, rail operators and all levels of government.

### IN BRIEF

#### Spat leads to Winnipeg man's death in Saskatoon

The stabbing death of an 18-year-old Winnipeg man is Saskatoon's fifth homicide of the year. He was found unconscious Sunday in a business in Saskatoon. He died at the scene. Investigators believe an altercation outside continued inside.

THE CANADIAN PRESS

### OVERDOSE-PREVENTION

## Naloxone saves lives

The province is crediting overdose-prevention kits with saving two lives in Manitoba.

In a bid to get ahead of a potential drug crisis linked to fentanyl, the province formed a task force in January, committing \$500,000 to a public awareness campaign and life-saving kits containing a widely used overdose antidote, naloxone.

In that time, 42 kits have

been distributed and "two kits have been used to reverse overdoses and saved lives," said Joss Reimer, medical officer of health at the Winnipeg Regional Health Authority.

Naloxone works by temporarily slowing the lethal effects of fentanyl. "But the effect also only lasts about half an hour," Reimer said.

BRAEDEN JONES/METRO

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THEATRE

# Putting on a radio show like it's 1930

When making sound effects for walking, you need to think about whether the feet are stepping on grass, gravel or sand.

It's something One Trunk Theatre founder and artistic director Andraea Sartison discovered while working on the company's new radio drama, 204 FM.

That's right, radio drama. In a world of podcasts and streaming video, the group is doing its part to bring the popular early 1900s form of storytelling back to life.

Creating the perfect sound effects, of course, are a big part of challenge. While many of the sound effects were created by trial and error, leaders of the effort have also been researching what producers did during the golden age of radio dramas.

"We're interested in exploring sound effects, sound foley, incorporating live music and finding a way to sustain what we create," Sartison said.

For One Trunk, radio drama is a cost-effective way of sharing its art. While stage pieces draw a lot of attention, they can be expensive to produce and can't be as widely shared as an audio file.

Sartison worked with Winnipeg improvisors, voice actors and writers to script an auditory story about the god Hermes, who has been banished to Winnipeg.

## A BRIEF HISTORY

- Radio dramas first became popular in the 1930s.
- One of the most well known was Orson Welles' War of the Worlds, which first aired in 1938.
- Most were cancelled in the 1960s, thanks largely to the growing popularity of television.
- In recent years, radio dramas have reemerged online.

While writing the script, collaborators brought in bikes, instruments and other objects to explore the right kind of sound effects for the piece. It's led to some interesting moments — and interesting outcomes.

"It's really, really fun and hilarious. Like, I laugh all the time while we're in rehearsal," said Sartison.

Sound effects and all will be recorded live in front of an audience in five installments between Tuesday and May 24, giving people a behind-the-scenes look at its production. Tickets are \$20 per recording or \$50 for all shows.

MEG CRANE/FOR METRO



No. They're not feet. Turns out hands placed in shoes and pressed onto the appropriate material produce better sounds for radio than actually walking. PHOTO CREDIT IN SMALL CAPS



Members of the River City Jedi show off their skills with LED lightsabers. CONTRIBUTED

# River City Jedi light up the fighting scene

## LIGHTSABERS

## Star Wars fans creating a combat class of their own



Meg Crane  
For Metro | Winnipeg

Fighting with lightsabers is safer than battling with sticks. David Alberto thinks so at least.

He and a friend used to duel with wood until they discovered LED lightsabers. Now, through his new group River City Jedi, he's teaching classes that share his galactic love for fighting.

"We're definitely Star Wars fans," said Alberto. "We really enjoy the tie into one of our favourite franchises."

Unlike other types of weapon combat, the lightsaber can be used with different styles of fighting.

"We start students off with the basics," said Alberto, noting that includes Japanese sword-fighting techniques. "From there, they progress to Western fencing techniques, some Chinese fencing techniques and even German long sword."

Alberto didn't have professional training before taking his place as an instructor. Now, like any good Jedi, he's found a mentor of his own and regularly sends videos of himself fighting in for critiques.

It wasn't difficult to find

## THE ULTIMATE SHOWDOWNS

### David Alberto's favourite Star Wars lightsaber fights

- 1 Episode one, Darth Maul vs. Qui-Gon Jinn and Obi-Wan Kenobi
- 2 Episode six, Luke Skywalker vs. Darth Vader
- 3 Episode seven, Rey and Finn vs. Kylo Ren
- 4 Episode three, Emperor Palpatine vs. Yoda
- 5 Episode five, Luke vs. Vader

help since there are many groups around the world dedicated to lightsaber fighting and open to giving out pointers to newbies, Alberto said.

"The hobby itself has exploded within the last year or so," he said, crediting Disney's promotion of the Star Wars franchise.

Many people either build

their own lightsabers or have custom sabers built for them, which Alberto said takes 30 to 40 hours and some knowledge of electronics.

But, saber fighting isn't just for diehard Star Wars fans who want custom gear.

"It's a lot less nerdy than you'd think and it's a lot harder of a workout," Alberto said.

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## HARSHER PENALTIES FOR TRANSIT ASSAULTS

Winnipeg Transit will be rolling out a new awareness campaign to remind the public about changes to the Criminal Code of Canada (Bill S-221) which aims to further protect public transit operators. Under the new law, threatening or assaulting a transit operator shall be considered an aggravating offence by the court when imposing a sentence for the offence.

Bill S-221 amended the Criminal Code to create a new aggravating factor for the purpose of sentencing offenders convicted of five specific offences and where the victim was at the time of the offence, a public transit operator engaged in the performance of his or her duty. The five specific Criminal Code offences include:

- Uttering threats
- Assault
- Assault with a weapon or causing bodily harm
- Aggravated assault
- Unlawfully causing bodily harm

The "Your Next Stop" campaign features a photo of a jail cell with the following line, "Assaulting a bus driver could make this your next stop." The campaign will be seen on buses, transit shelters and benches.

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**Assaulting a bus driver could make this your next stop.**

**There's a new law in the Criminal Code of Canada.** Threatening or assaulting a transit operator could now result in more serious criminal charges and longer jail terms.



[winnipegtransit.com](http://winnipegtransit.com)



Drivers in downtown Winnipeg can easily be caught by the snarl of a short amber light and, in the end, wind up with costly tickets. A traffic safety advocate also believes the short amber lights increase risk of accidents. BRAEDEN JONES/METRO

# Amber lights ticking time bombs: Engineer

## PUBLIC SAFETY

## 'Dangerous yet profitable' policy must be nixed: Expert



**Braeden Jones**  
Metro | Winnipeg

A retired engineer is calling foul on his professional association for dismissing a complaint that Winnipeg's transportation manager wrongfully endorsed the city's "profitable, dangerous and also illegal" amber light timing policy.

In 2014, David Grant was put on a panel to review a previously dismissed complaint against Winnipeg's transportation manager Luis Escobar.

Grant investigated claims made by Todd Dube of Wise Up Winnipeg, a local traffic

safety advocate, alleging Escobar misled Winnipeg city council by saying the city's four-second static amber light timing was sufficient.

Dube had compared Winnipeg to the state of Georgia — which eliminated 85 per cent of violations for running red lights and 80 per cent of intersection crashes by legislating extra amber-light time — and wanted local politicians to follow suit.

Escobar was tasked with studying Georgia's legislation, and, six months later, told councillors "Georgia results don't transfer to Winnipeg."

That's because, he said, tickets are issued for not clearing intersections in Georgia, as opposed to entering the intersection on red as in Winnipeg.

The Highway Traffic Act, however, requires vehicles have sufficient amber time to clear intersections before lights turn red.

Dube alleged Escobar misled city council on that fact, a complaint which was dismissed. He then appealed the dismissal, and Grant investigated that appeal for the Association of Professional Engineers and Geoscientists of Manitoba.

Grant's panel made a decision in August.

"We determined — in most situations — four seconds isn't enough time to get through an intersection from the point where you can't really stop, so people are in a real conundrum there," he told Metro.

"There is no safe, legal way of dealing with a yellow light (in Winnipeg) if you're at the wrong point when it comes up."

But before Grant could deliver that conclusion, he was dismissed from the panel. The association then made new appointments, which ruled Escobar was in the clear.

Having the complaint dis-

## COUNTERPOINT

Grant Koropatnick, COE of the Association of Professional Engineers and Geoscientists of Manitoba, said he's "confident the appeal panel fulfilled its responsibility."

But, he noted, those who disagree have one more option remaining.

"That's to appeal to the Court of Queen's Bench, if you're not satisfied," he said. METRO

missed is a setback for Dube's efforts to make the changes Georgia observed happen in Winnipeg.

"Winnipeg's dangerous yet profitable intersections should have been acknowledged and corrected five years ago," he said.

## TIMELINE ON A FIGHT TO CHANGE THE LIGHTS

Todd Dube and David Grant's efforts in the past few years:

**Sept. 2010** — Traffic manager Luis Escobar tasked with reviewing success of Georgia's amber light legislation in the U.S.

**March 2011** — Escobar

presents what Wise Up Winnipeg's Dube alleges are inaccurate facts to city council.

**2012** — Dube files a formal complaint with the Association of Professional Engineers and Geoscientists of Manitoba. It gets dismissed.

**March 2013** — Dube files another formal complaint with the same group.

**Nov. 2013** — The second complaint gets dismissed.

**Dec. 2013** — Dube appeals dismissal of his complaints.

**Aug. 2015** — A member of

the association alleges the appeal committee sides with Dube.

**Sept. 2015** — The association names new people to the appeal committee, excluding Grant.

**April 2016** — The committee dismisses Dube's appeal. METRO



# Duo gives old furniture new life

DESIGN

## Lot Sixty-Five turns antiques into unique showpieces



**Evan Matthews**  
For Metro | Winnipeg

Forget assembly-line furniture and décor.

A Winnipeg husband-wife team are out to bring a touch of yesteryear straight into living rooms, dens and, yes, businesses across the city.

Lot Sixty-Five, owned by Mark and Ticia Lyng, is repurposing century-old items, giving them new life and sharing pieces of history that some have tossed aside as garbage.

"We look at the history, and how every piece has a story," Mark Lyng said. "It's about the creative process and looking at something from a different perspective."

The Lyngs started by re-finishing items simply to make them nice again. Then, they quickly transitioned into mak-



The old-is-new-again touch Mark and Ticia Lyng are putting on Barn Hammer includes turning a carpenter's toolbox from 1940 into a carrier for growlers. The Lyngs are shown here with Barn Hammer owner Tyler Birch. EVAN MATTHEWS/FOR METRO

ing one-of-a-kind pieces — like iPhone charging stations built from a camera dating back to the early 1900s.

"It's hard to let things go sometimes after you've created it," Mark Lyng said. "It's like

functional art because every piece is one of a kind."

Enter Tyler and Sable Birch, owners of Winnipeg's newest microbrewery, Barn Hammer Brewing Co. on Wall Street. The couple said the Lyngs have

helped propel their vision 10-fold.

Barn Hammer has hired Lot Sixty-Five to create a rustic décor focused around 100-year-old items you might expect to find in a barn. The Lyngs started by creating all of the lighting but were asked shortly after to make taps and accessories that rounded out the feel.

Many of the pieces created for Barn Hammer will remain under wraps until the brewery opens, expected to be sometime within the next six to eight weeks.

But, signing on with the Lyngs was a no-brainer, Tyler Birch said.

"They sent us some pictures and we were like, 'yes.' The lights fit nicely into our vision but also gave us more ideas. They've given us more ideas for things."



**It's like functional art because every piece is one of a kind.**

Mark Lyng

## LOST AND FOUND

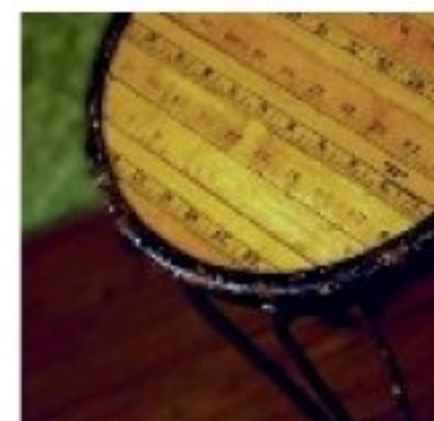
Mark and Ticia Lyng are proving that pretty much anything, no matter how common, how odd or how industrial, can be turned into décor. These are just a few of the things they've flipped so far.



The Lyngs' own coffee table was crafted from a wooden pulley system that was used in the early 1900s in what's now the Exchange District's 111 Lombard building. CONTRIBUTED



This light, like the ones you can find at Barn Hammer, is made from an old barn pulley used to hoist hay.



This end table was made from a salvaged 1960s ice cream parlour chair and vintage school rulers.

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Abu Sabaya, far left, one of the leaders of the Abu Sayyaf muslim extremist group, is seen with rebels displaying heavy weaponry while in Jolo island July 17, 2000. The militants beheaded 68-year-old John Ridsdel, of Calgary, and are still holding three other tourists hostage. AFP/GETTY IMAGES

## Ridsdel 'could bridge many communities'

John Ridsdel, a Canadian killed by hostage-takers in the Philippines, was remembered Monday as a brilliant, compassionate man with a talent for friendship.

"He could bridge many communities, many people, many situations and circumstances and environments in a very gentle way," said Gerald Thurston, a lifelong friend of the former mining executive and journalist who grew up with him in Yorkton, Sask.

Ridsdel was one of four tourists who were kidnapped last September from a marina resort on southern Samal Island by Abu Sayyaf militants.

The Islamic militants had threatened to kill one of the male hostages if a large ransom was not paid by 3 p.m. Monday local time — 3 a.m. ET.

Police said Monday that the head of a Caucasian male was recovered in the southern Philippines and Canadian government officials confirmed the victim was Ridsdel.

Thurston said his friend was marked by the compassion and respect with which he treated those around him.

"It is hard to believe this could happen to someone who was raised in Yorkton," Saskatchewan Premier Brad Wall said in a Facebook post.

THE CANADIAN PRESS



John Ridsdel AFP/GETTY IMAGES

# Trudeau condemns killing as 'cold-blooded murder'

## TERRORISM

### John Ridsdel was beheaded by militants in Philippines

Prime Minister Justin Trudeau condemned Monday the "cold-blooded murder" of a Canadian beheaded by terrorists in the Philippines after being held hostage for seven months.

Trudeau confirmed the victim was 68-year-old John Ridsdel of Calgary.

Ridsdel was one of four tourists — including fellow Canadian

Robert Hall, a Norwegian man and a Filipino woman — who were kidnapped last Sept. 21 by Abu Sayyaf militants from a marina on southern Samal Island.

The militants had threatened to kill one of the three male hostages if a large ransom was not paid by 3 p.m. Monday local time — 3 a.m. ET.

Philippines police said a plastic bag containing Ridsdel's decapitated head was dumped in a street Monday night by two men on a motorcycle in Jolo, a town in Sulu province.

Trudeau said he was "outraged" by the news.

"Canada condemns without reservation the brutality of the

hostage-takers and this unnecessary death," Trudeau said in a hastily assembled appearance before the media in the midst of a cabinet retreat.

"This was an act of cold-blooded murder and responsibility rests squarely with the terrorist group who took him hostage."

Trudeau said the Canadian government is committed to working with the Philippine government and international partners to "pursue those responsible for this heinous act and bring them to justice."

On behalf of all Canadians, he expressed his "deepest condolences" to Ridsdel's family and friends.

He did not answer any questions, including whether the government had paid a ransom for Ridsdel or Hall. However, an official said it is long-standing government policy to not pay ransom demands.

In militant videos posted online, Ridsdel and Hall, Norwegian Kjartan Sekkingstad and Filipino Marites Flor were shown sitting in a clearing with heavily armed militants standing behind them. In some of the videos, a militant positioned a long knife on Ridsdel's neck. Two black flags hung in the backdrop of lush foliage.

The abductions highlighted the long-running security prob-

lems hounding the southern Philippines, a resource-rich region that suffers from poverty, lawlessness and decades-long Muslim and communist insurgencies.

Abu Sayyaf emerged in the early 1990s as an offshoot of a separatist rebellion by minority Muslims in the predominantly Roman Catholic nation's south.

The group — which Canada and other western countries consider a terrorist organization — has relied on extortion and huge ransoms earned from kidnappings of mostly Western tourists and missionaries to survive for more than two decades.

THE CANADIAN PRESS

## CITIES

# Liberal infrastructure changes mean money for ferries, roads

Cities and provinces with new, shovel-ready infrastructure projects will be eligible for funding under the first phase of the Liberal infrastructure program, but only if the work is completed within the next three years.

That's the message in letters which federal Infrastructure Minister Amarjeet Sohi sent to his provincial counterparts last week.

Project costs for transit and waste-water and water-treatment projects will be eligible retroactive to April 1, "so work can begin immediately," Sohi wrote.

The first phase of the Liberals'

promised 10-year infrastructure plan wraps up in 2019 — just as the country heads to the polls in a federal election — and is mostly focused on repairing aging roads, pipes and transit systems across the country.

It is also designed to lay the foundation for the second and more lucrative phase of the Liberal plan by covering planning costs for larger projects.

"There is money for design, there is money for planning and there is money for doing small projects if they are ready to move ahead with them," Sohi told reporters at the Liberal cabinet

**There is money for design, there is money for planning and there is money for doing small projects if they are ready to move ahead with them.**

Amarjeet Sohi, infrastructure minister



retreat in Kananaskis, Alta.

Money can't go to municipal projects without funding agreements between the federal and provincial governments.

"What these letters today do is that they set the framework and

gives clarity for provinces and territories from the federal government for those negotiations and discussions to occur," said FCM president Raymond Louie.

The Liberals pledged in the budget, flowing from a campaign

promise, to double infrastructure spending over the next 10 years to bring the overall federal investment to \$120 billion.

The first two years of the new infrastructure program has \$6.6 billion for provinces and cities, not including money promised to First Nations infrastructure or to universities.

The Liberals also promised changes to the government's existing marquee infrastructure program, known as the New Building Canada Fund, to quickly move about \$8.7 billion remaining from the provincial and territorial stream of that fund to

cities and provinces. The Liberals want the remaining money allocated to projects within the next two years.

The government is expanding eligibility under the fund, including work on small-scale highways and roads in provinces like Prince Edward Island that previously didn't qualify because they weren't big enough in scope or impact.

The federal government is also going to fund eligible project costs for ferry systems that provinces like B.C. wanted included in the fund.

THE CANADIAN PRESS



POLICE SHOOTING

# Tamir Rice suit settled

The city on Monday reached a \$6 million settlement in a lawsuit over the death of Tamir Rice, a 12-year-old black boy shot by a white police officer while playing with a pellet gun outside a recreation centre.

An order filed in U.S. District Court in Cleveland said the city will pay out \$3 million this year and \$3 million the next. There was no admission of wrongdoing in the settlement.

Family attorney Subodh Chandra called the settlement historic but added: "The resolution is nothing to celebrate because a 12-year-old child needlessly lost his life."

The wrongful death suit filed by his family and estate against the city and officers and dispatchers who were involved alleged police acted recklessly when they confronted the boy on Nov. 22, 2014. A video of the encounter shows a cruiser skidding to a stop and rookie patrolman Timothy Loehmann firing within two seconds of opening the car door. Tamir wasn't given first aid until about four minutes later, when an FBI agent trained as a paramedic arrived.

THE ASSOCIATED PRESS



Tamir Rice AFP/GETTY IMAGES

# Opponents ally to oust Trump

U.S. ELECTION

## Front-runner bristling at collaboration

Donald Trump says an extraordinary collaboration between Ted Cruz and John Kasich aimed at unifying the anti-Trump vote in some remaining primaries is a desperate move by "mathematically dead" rivals.

Such collusion would be illegal in many industries, the Republican presidential front-runner said, but it's illustrative of "everything that is wrong in Washington and our political system."

Under the arrangement outlined late Sunday, Kasich, the Ohio governor, will step back

in the May 3 Indiana contest to let Cruz bid for voters who don't like Trump. Cruz, a Texas senator, will do the same for Kasich in Oregon and New Mexico.

The arrangement does not address the five Northeastern states set to vote Tuesday, where Trump is expected to add to his already overwhelming delegate lead. Yet the shift offers increasingly desperate Trump foes a glimmer of hope in their long and frustrating fight to halt the billionaire's rise.

"It is big news today that John Kasich has decided to pull out of Indiana to give us a head to head contest with Donald Trump," Cruz told reporters as he campaigned in Indiana on Monday. "That is good for the men and women of Indiana. It's good for the country to



Ted Cruz and John Kasich AFP/GETTY IMAGES

have a clear and direct choice."

Kasich sent mixed messages, however, as he addressed the pact for the first time while campaigning in Philadelphia.

Asked what Indiana voters should do next week, the Ohio governor just 13 hours after the arrangement was announced urged them to vote for him.

"I've never told them not to vote for me. They ought to

vote for me," Kasich said in a Philadelphia diner. He said he simply agreed not to spend "resources" in Indiana.

The announcement marks a sharp reversal for Cruz's team, which aggressively opposed coordinating anti-Trump efforts with Kasich as recently as late last week. And the agreement applies only to Indiana, Oregon and New Mexico — three of

the 15 states remaining on the Republican primary calendar. As Kasich backs out of Indiana, Cruz promised he would not compete in Oregon on May 17 and New Mexico on June 7.

Cruz's campaign manager, Jeff Roe, said in a statement explaining the new plans that Trump would be soundly defeated by the Democratic nominee, whether it's Hillary Clinton or Bernie Sanders. "Having Donald Trump at the top of the ticket in November would be a sure disaster for Republicans," he said.

Added Kasich's chief strategist, John Weaver, "Our goal is to have an open convention in Cleveland, where we are confident a candidate capable of uniting the party and winning in November will emerge as the nominee." THE ASSOCIATED PRESS



PHOTOS: THE ASSOCIATED PRESS/GETTY IMAGES

GREECE

## Jordan's queen visits refugee camp

Queen Rania of Jordan has visited refugees and migrants on the Greek island of Lesbos, which has been one of the main gateways into Europe for people fleeing war, poverty and persecution at home. Rania visited the Kara Tepe camp Monday, a facility hosting more than 800 people. She says aid organizations had voiced "deep concern" over the recent European Union-Turkey deal under which those arriving on Greek islands after March 20 face deportation back to Turkey.

CAMBODIA

## Turtle is declared nearly extinct

Cambodia's Royal Turtle is nearly extinct, with fewer than 10 left in the wild, because increased sand dredging and illegal clearance of flooded forest have shrunk its habitat, a conservationist group warned Monday.

The New York-based Wildlife Conservation Society said in a statement that for several years the small remaining population of Royal Turtles, "perhaps numbering fewer than 10," has been successfully protected in the Sre Ambel river system by a joint project of the government's Fishery Administration and WCS.

But a recent increase in disturbance along the river system in Koh Khang province, the only place the turtle is still found in Cambodia, is putting the species at great risk, it said.



A Cambodian Royal Turtle walks on the sand of Sre Ambel river bank, in western Phnom Penh, Cambodia. THE ASSOCIATED PRESS

The Royal Turtle is one of the world's 25 most endangered tortoises and freshwater turtles. Also known as the Southern River terrapin, the Royal Turtle is so named

because in historical times only the royal family could consume its eggs. The species was designated as Cambodia's national reptile in 2005.

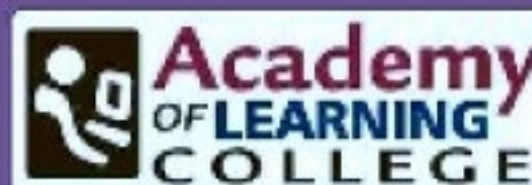
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# Procrastinators, do your taxes **\$1,580**

## FINANCE

## To avoid penalties, get returns filed before April 30

Taxes! What are they good for? That's what many Canadians ask themselves this time of year, as they scramble to file them on time.

Jacob Hirsh, an assistant professor at the University of Toronto, has a different question: "Why wouldn't you put them off?"

The Canada Revenue Agency expects your tax returns by April 30 (or June 15 if you are self-employed). But only 18 per cent of Canadians file well in advance of those dates, with one in five filing just in time, according to an H&R Block survey released last year.

Unless you're expecting a big refund, there is no real positive incentive to do your taxes early, according to Hirsh, who teaches organizational behaviour and human resource management. "Normally, the things that motivate us the most are the things we're ex-



Get rid of the taxes anxiety by just doing them already. ISTOCK

cited about; we perceive an opportunity for value," he said.

The main reward that comes with getting your taxes done is just that — the fact that they're done, Hirsh adds.

But there are negative incentives if you don't, include financial penalties. In other words, "Get it done — stop procrastinating, Canada!" says Caroline Battista, a senior tax analyst at H&R Block. "We want the services that come through

paying our taxes, but don't want to pay more than (our) fair share," she says. "And the chance to do that is on (our) tax return."

### WHAT HAPPENS IF YOU FILE LATE?

Interest starts accumulating May 1 at 5 per cent, "but it comes up to a bit more because it's compounded daily," says chartered professional accountant Dale Romanovsky. There are also extra monthly

penalties for late returns.

If push comes to shove, the CRA will take care of your taxes itself, since employers file tax slips, Romanovsky says. He's noticed more clients coming to him with letters from CRA with its own assessments of what they owe.

### WHO FILES LATE?

According to H&R Block, 35- to 54-year-olds procrastinate the most. That may simply be because their lives are busier,

Battista says.

When it comes to tax procrastinators' financial situations, though, anxiety doesn't discriminate.

Even experts can be guilty of putting things off; an accountant was a subject of a case study on which York University psychology professor Gordon Flett worked.

"He wasn't filing other people's taxes on time, let alone his own," says Flett. "This is how severe it was."

### WHY PEOPLE DON'T FILE (ON TIME)?

People procrastinate for a number of reasons, including fear of failure, the seeming complexity of a task, the "jolt" that may come with doing something at the last minute, and a distaste for being told what to do, according to Flett.

Conscientious people tend not to procrastinate, says Hirsh, who added that some of the issues may have to do with a lack of awareness about taxes. "Basic financial life skills should be taught in school," he says, noting some are taught in high school, but that might be years before someone actually has to file a tax return.

TORSTAR NEWS SERVICE

The average tax refund processed in April, according to H&R Block

**\$1,700**

The average refund processed from January to March

**\$1,380**

The average refund processed after April

**\$1,643**

The average refund for 2015 as of April 12, 2016, according to CRA

**29M**

Number of Canadians that the CRA expects will file a return for 2015



Andra Day THE ASSOCIATED PRESS

## Andra Day to appear on 40 million Coke cups

Andra Day wants to inspire people to rise up while drinking a Coke.

The Grammy-nominated singer's image and lyrics from her standout single "Rise Up" will appear exclusively on 40 million Coca-Cola cups at select McDonald's throughout the country,

Coke officials told The Associated Press on Monday. Day's appearance on the red-and-white cups is an extension of the recently launched "Share a Cup and a Song" lyrics program.

The cups will be available May 2.

"I really hope this gives people

a simple reminder to persevere," Day said. "That's what the song is all about. That's why I like this Coke campaign, because it makes you inspire community. I hope people are able to see the encouraging stories through this."

Purchasers of the cups can

also view the short film documentary "I Rise," inspired by Day's single "Rise Up." The film can be watched on a cellular device after scanning a cup using Shazam's new image recognition technology.

The film features four African-American women, showcasing

the impact they're making in their communities.

"Andra was an easy choice because she's an amazing talent," said Umut Ozaydinli of Deviant Ventures, a marketing agency for Coca-Cola. "Her song 'Rise Up' has all the elements of an anthem." THE ASSOCIATED PRESS

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## METRO POLL

# Is Game of Thrones' nudity sexist?

As the world settles in to relish Games of Thrones' sixth season, one of the burning questions on fans' minds is: "Who are we going to see naked?" Metro's own unscientific research yielded unsurprising results: Over the show's five seasons, women have been given the full-frontal treatment twice as often as men. Is that unfair? **Is it time to even the score?** We asked our online readers.

## 1 Should Game of Thrones adjust its male-to-female nudity ratio?



## 2 Does the fact that there's way more female nudity on the show mean that it's sexist?

60% No way!  
40% Absolutely.

### WE ASKED Metro readers

Women enjoy watching these naked girls just as much as men do.

Equal rights, equal bods!

I think I've seen as many male nipples on the show as I have female nipples. The problem is that female nipples are sexualized.

I would rather see the actor's/actress's skill than their private parts.

It is likely catering to the audience. More males watch.

It is not directly being 'sexist,' it just follows the themes and storylines that were developed in the world of this TV show.

visit [metronews.ca](http://metronews.ca)  
**HAVE YOUR SAY**

## ROSEMARY WESTWOOD

### metroview

# It's not cool to kill your plants. They have feelings, too.

In 2013, the New Yorker ran a long piece on plant feelings, and whether they have any.

It wasn't conclusive. But it was disturbing enough that I decided to stop buying plants. Inevitably, I kill any that come under my charge. Not via neglect and dehydration, mind you. I'm the smothering kind who drowns them to death.

Even ferns are too risky if there is a chance they could sense their own demise, I decided. Especially after I came across Avery Monsen and Jory John's whimsical book *All My Friends are Dead*, in which a despondent potted plant begs: "Please stop buying my friends if you are just going to slowly kill them."

In 2010, when that book was printed, plant sensing, as it's sometimes named, hadn't yet come back in vogue (it was, naturally, a thing in the 70s). But there has since been a book (2012's *What a Plant Knows*) arguing plants see, smell, taste and feel; and a simmering debate over plant intelligence (plus a debate over the term "plant intelligence").

There are a few reasons to worry about all this right now. Chiefly, it's spring, and shops are again full of perfumed, kaleidoscopic offerings for you to take home, enjoy and kill.

But also: Plants, like plant sensing, are hot. Boutique shops — with stylized cacti and lime-green foliage you

feel the urge to pet — are everywhere.

They answer the question: What do your plants say about you? (Artsy and in love with the southwest desert esthetic!) But beware of who you hurt while curating your image. A throw pillow doesn't care about the end of its threadbare neighbour, but plants have been found to recognize their kin and warn each other of bugs and water scarcity.

The research is part of what Natasha Myers calls a scientific and cultural "moment of recognizing both the force and power of plants."

"For me, the promise of (plant) sensing is the promise of (plant) sentience," says Myers, an anthropologist at York University who studies the relationship between plants and people. Many scientists agree plants both actively respond to, and shape, the world, she says. Perhaps they'll change our very understanding of what "intelligence" is.

What that means for the lowly houseplant is a paradigm shift in its function and worth. Myers suggests that we need to consider relationships of reciprocity with our plants: "What are we willing to give back?"

If not some small effort to understand their slow, subtle signals, their individual necessities of life, it's hard to argue we deserve them.

# Overstretched agencies can't afford tattletales

## INSIDE THE PERIMETER

Shannon VanRaes



It's an important lesson that's best learned early — the difference between telling and tattling.

In her seminal work, *The Bully, the Bullied and the Bystander*, Barbara Coloroso described tattling as getting someone into trouble and telling as getting someone out of trouble.

Simple enough, right?

Well, it seems there are some adults that could use a refresher course.

Just look at the case of Jacqui Kendrick, a full-time mother who let her three children play in the backyard after school while monitoring them from inside her home. An anonymous tipster accused her of leaving the kids unsupervised, bringing Child and Family Services to her

door, demanding an explanation.

It beggars belief that the person who made this call believed — I mean really believed — that these children were in danger. More likely? An angry neighbour, perhaps someone upset by noise or looking for an opportunity for cowardly sniping.

And while the CFS worker who visited Kendrick's home may not have prudently exercised discretion while launching into her barrage of questions, there is no doubt that the agency had to respond to the complaint. Because the only thing worse than responding too aggressively is not responding at all to a real one.

Too many times children have fallen through the cracks in Manitoba's child welfare system. The high stakes demand that the service's already-stretched

resources must investigate all complaints, which makes frivolous tattling all the more concerning.

Not only does this type of busy-body behaviour risk upending the lives of families like Kendrick's, it also risks diverting scant government resources, increasing the likelihood that real emergencies are missed.

Of course, policing others has been a long-standing hobby of humankind. From the classic mass hysteria of the Salem witch trials to the morality police of the House of Saud, tattling on your neighbour is just as popular as ever.

The big difference is that tattling has become easier than in times past — too easy — thanks to the culture of online anonymity. Whether complaining about your neighbour's bushes by contacting 311 or accusing your neighbour of leaving kids at

home, we've replaced conversations, phone calls and door knocks with anonymous complaints.

I get that some complaints must be made anonymously — safety is paramount for those who witness crimes, seek protection from abuse or fear genuine retribution. But the social awkwardness of facing a neighbour after asking about their kids' play time is not the same as suffering the pain of death.

So while our technologies leap ahead, perhaps it is time for some remedial social education, because no village ever raised a child from behind a computer screen.

Shannon VanRaes is a Winnipeg-based journalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. She can be reached on Twitter @ShannonVanRaes.

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Rachael vs. Rachel: Jay Z infidelity rumours



# The case for dedicated dad time

Labour Minister MaryAnn Mihychuk says she wants dedicated paternity leave to be part of promised changes to parental leave under the Employment Insurance program. **Writer Kaitlyn Kochany** whose husband took 17 weeks off to care for their newborn, shares her experience.

It's one a.m. on a Tuesday night and my husband is knocking on our bedroom door. "Someone's hungry," he says, holding our newborn son Noah. The two of them have been camped out in our den as I catch a couple precious hours of sleep. As Noah feeds, Mike refills my water glass and queues up his next movie, then I roll over once more, thankful that neither of us has to work in the morning.

While many fathers who take parental leave do so towards the end of their baby's first year, after their wives have returned to work, my husband Mike took his as soon as Noah was born. I returned to freelance work four weeks after our son's birth, so Mike arranged to take 17 weeks off, about half the total time allotted to parental leave. We thought we'd be able to establish a schedule before his return to work — sleeping through the night at six weeks, regular naps, family brunch on the weekends — but a fun fact about newborns is that they're totally uninterested in schedules.

Instead, we've used Mike's time off to cement ourselves as a new family. I always have someone to double-check that Noah is eating, sleeping, and pooping enough. He stays up late with the baby, and I get up early, so we both get close to enough sleep (although never quite as much as we want). We go together to doctor's appointments and drop-in centres, giving him intimate knowledge of Noah's health and development. This also saves me from becoming the family note-taker, collecting information to pass along when he's home from work. While I'm responsible for feeding Noah, Mike has become a champion diaper-changer, an experienced baby soother, and the captain of the stroller when we go for walks.

There are downsides, of course. Money is tight, and after the newness wore off, we experienced cabin fever. Well-meaning relatives have cautioned us that, by taking parental leave, Mike's career



Her husband has become the captain of the stroller since his paternity leave, writes Kochany. LIZ BEDDALL/METRO

will suffer. (Some American studies have shown that fathers who take paternity leave can be "daddy tracked," or sidelined for career advancement, similarly to working mothers.) None of us are looking forward to the day Mike has to return to the of-

fice — we're going to miss each other, he's going to miss Noah, and I'll be alone with a baby for the first time since Noah was born.

But the drawbacks are minimal when I look at the big picture. My husband and son bond every single day. Mike was the first person to see Noah roll over and to hear him laugh. The baby is comfortable with both parents — daddy isn't some guy who shows up at dinner time, and I get to recharge. Instead of feeling lonely or overwhelmed, a common complaint among my friends at home alone with their newborns, I feel supported. The big picture stays rosy into the future: children whose fathers take paternity leave tend to do better in school, and their households are usually more equal when it comes to chore division.

With more people than ever working in freelance or contract work, or working from home, this type of arrangement may become more common. Canada is looking at making paternity leave benefits more equitable, and Quebec already offers five weeks to new fathers. But we still lag behind countries like Sweden, where nearly 90 per cent of new dads take paternity leave, and they take an average of seven weeks.

Currently, less than 10 per cent of Canadian dads take leave. From where I sit, even a few weeks at home can help families: It normalizes the idea that dads are active parents, even to infants, and helps equalize household roles. Making Quebec's amount of leave time available to fathers nationwide would be a great first step.

When I asked Mike what he would say to a father considering taking time off, he didn't hesitate: "Definitely do it. Anyone will tell you that this time goes by a mile a minute. As much we change in a year, babies change every week. They'll never be as little and as curious about the world as they are right now, so it's worth taking."



Michael Cinovskis holds his three-month-old son Noah. Cinovskis, who works in development at CNIB, has taken 17 weeks off to be with his baby. LIZ BEDDALL/METRO

## + AT A GLANCE

### Some details about parental leave:

- While new moms are guaranteed 15 weeks of maternity leave, either parent can take the 35 weeks allotted for parental leave combined.
- Families where the mother is recovering from C-section, where other children are home, or there is minimal community or family support, may want to consider paternity leave.
- Anyone on parental leave can expect to receive 55 per cent of their gross salary from EI, but some employers will top up the payments.



# Are you ready to train like a viking?

## NEW WORKOUT

### Trainer wants you to scrap the selfies and start sweating

Svava Sigbertsdottir doesn't want to give you a "bikini body."

She wants you to do burpees until you can't anymore.

Then do 10 more.

The Icelandic-raised Sigbertsdottir is the founder of The Viking Method, an intense full-body workout she created after trying everything from Crossfit to yoga to football in search of a workout that would give her the elusive tight, toned body.

Now based in London, she counts singer Nicole Scherzinger and model Suki Waterhouse among her biggest fans.

The single mom to an 18-year-old daughter has developed a brand that revolves around her gruelling weeks-long training videos, priced at \$73 for a six-week program and \$130 for 12 weeks, her nutritional program focusing on healthy fats, fruits and vegetables, and her tough, motiv-



Trainer Svava Sigbertsdottir puts a priority on being powerful strong. TORSTAR NEWS SERVICE

ating persona.

We caught up with Sigbertsdottir, 35, at Hard Candy Fitness in Toronto.

#### What is the Viking Method?

Basically, it is a functional training method, so you use your own body a lot and

you use free weights. I have specific exercises, I pair them in a certain way. I do very specific work for the core. No core crunches, no weird machines. I work the body the way it should work. No, like, on all fours doing donkey

kicks and ruining your hip. There are certain rules: 90 minutes before you exercise and 90 minutes before you go to bed, you can't have any carbs because they activate certain hormones that you don't want to have activated

when you train and when you fall asleep. My most important thing about the method is that we train for our performance, not for our looks. Our worth is not determined by the size of our ass. It's all about internal satisfaction.

#### Why don't you like before and after body photos?

You can cheat so much on them. You do different lighting, you go in the sun bed, you have different underwear, you have makeup. What I find problematic with that is if you focus so much on looks, you're open to external opinions. Other people can get under your skin. Other people can make you feel awful about this picture that you felt really happy about. Instead, it's very empowering to put up goals and be able to smash them

#### Why call it "Viking"?

I'm from Iceland, so it's logical to call it the Viking Method. It's everything that the word represents. A Viking is not going to stop doing an exercise because someone is watching and it might look silly. I'm resilient and I will set goals and I will not stop until I reach them. Be confident in yourself. Be powerful and strong — make that the thing that matters to you. Anybody can be a Viking, it's not like you have to be from Scandinavia.

TORSTAR NEWS SERVICE

## + AT HOME ROUTINE

### Test your viking strength

Sigbertsdottir demonstrates a three-move circuit with no breaks between moves. After completing the circuit, rest for up to a minute. Repeat five times.

#### 1 Kneeling High Kick (repeat 8 to 12 times):

Start kneeling and bring your left leg forward with your foot down and a 90-degree bend at the knee. Press into the left heel and come up, lengthening the left leg and at

the same time kicking the right leg high up. Control it as you come back down. Do not use the right leg at all to lift yourself up, only the left. Engage your core and use your power to kick that leg out.

#### 2 Narrow Beats (repeat 8 to 12 times):

Come down into a low squat. As you squat watch that knees are in line with your toes and your weight is on your heels. Imagine you're sitting down on a

low chair that is far behind you. Squat deeply. As you jump up, lengthen the legs fully and beat them together (like closing a pair of scissors).

#### 3 Tea Towel Crawl (repeat 2 to 4 times):

Hold your body in a plank position, placing two tea towels under your feet. Using your arms, drag your body four steps forward, keeping your body in the plank position. Push your body four steps back.

## PRINCE

### When fans mourn the death of a celebrity

When icons die, the outpouring of public grief can easily be written off as mass hysteria.

There are snide terms for it. "Mourning sickness" describes supposedly ostentatious group grieving, while "grief porn" is used to describe the voyeuristic media coverage of that collective angst.

But psychologists said Friday the emotional pain of "losing" a star like Prince can be very real — and personal.

It can also leave entire groups of people grappling with deeply uncomfortable existential questions, especially when celebrity deaths happen in spates.

"Individuals often form deeply affective relationships with celebrities with whom they have never had a face-to-face relationship," Liverpool Hope University sociology lecturer Michael Brennan said.

"This does not invalidate the grief-like reactions individuals may experience."

The dramatic death of Princess Diana in a car crash in Paris in 1997 is cited by many as having triggered the first massive, public mourning for a celebrity.

In the month after her funeral, suicides in England and Wales were up 17.4 per cent, according to a study published

in the British Journal of Psychiatry in 2000.

It concluded that "the death of a major public figure can influence rates of suicidal behaviour."

U.K.-based clinical psychologist Hamira Riaz said Prince fans have been going through very typical phases of mourning on fora such as Twitter — individually and as a collective.

"There were elements of denial and shock at the beginning, there are feelings of anger about the year turning out to be a year where we lost so many people, there's a sense of depression in the way people are remembering," she said. AFP



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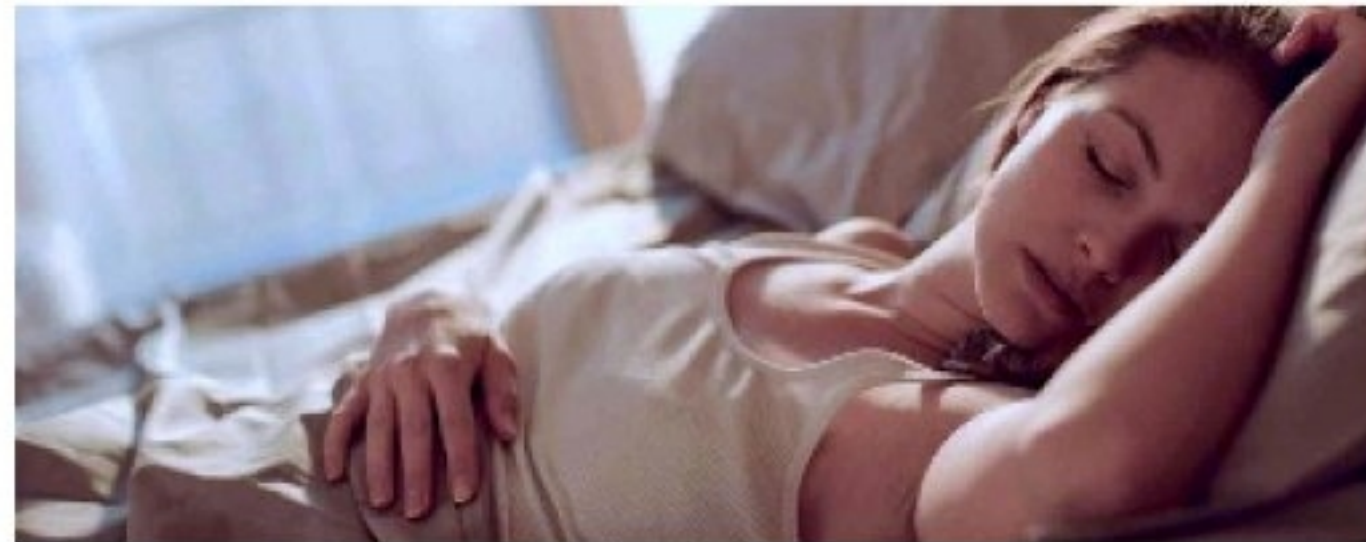
# HEALTH AND WELLNESS

## A better sleep for a healthy life

Deep, restorative sleep is essential to our well-being — and yet for so many people, the nighttime is a long and frustrating period of lying awake.

A Statistics Canada report concluded that as many as 3.3 million Canadians aged 15 years and older have trouble getting to sleep and staying asleep. Insomnia afflicts one in every seven people and 18 per cent of them report less than five hours of sleep per night.

Is this your experience sometimes, or all the time? "If it happens too often, a big improvement may be yours with just a few lifestyle changes," says Sue Rainville, director of marketing for Hunter Douglas. "And today,



ISTOCK

there are also some innovative furnishings and fixtures to promote better sleep such as light- and noise-blocking solutions. All our window treatments, for instance, provide a measure of light control but some products offer more room-darkening benefits than others, so be sure to ask."

A key consideration in coverings, says Rainville, is the fabric or material type and colour. Sheer fabrics typically soften and filter sunlight, while semi-opaque and opaque ver-

sions almost completely block it out.

And for better sleep, she says, pay attention to this:

**Bedtime Schedule:** Go to bed at the same time and rise at the same time to establish a consistent sleep-wake cycle. Soon you'll find yourself waking up naturally without an alarm clock.

**The Bed:** If you wake up with a sore back or aching neck, chances are you need to invest in a new mattress or try a different pillow. You

may also be inadvertently sabotaging your sleep cycle if you work in bed before turning out the light. The brain may resist the switch from work to sleep.

**Light:** The best window treatments are those that dim exterior light. The Duette Architella line, for example, features opaque honeycomb shades designed to significantly reduce heat transfer at the window and serve as an excellent light-dimming tool. The darker the room, the better you'll sleep.

**Eating and Drinking Habits:** Big meals at night take a lot of work to digest keeping you awake, whereas a light snack may promote sleep. And, with fluids like coffee, did you know that the effects of caffeine can cause sleep problems up to 10 hours after your last drop? Switch to caffeine-free beverages instead.

**Silence:** Noise is one of the most disruptive factors and has a way of easily infiltrating our private spaces. Ask about sound-absorbing window treatments, like the popular Vignette Modern Roman Shades, designed with rear fabric air pockets to trap and absorb sound energy.

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## COMMIT TO GET FIT

The Wellness Institute encourages Winnipeggers to Commit to Get Fit on Sunday, June 5.

Runners and walkers alike take part in the 5K walk/run or challenge themselves with the 10K run. The day combines the energy of community event with a chance to promote the benefits of active living for all ages and abilities.

"It's a fun morning that really brings the community together," says Wellness Institute director of community services Karin Whalen.

"Over the past 12 years we have seen a really diverse group of people participate, from young children to older adults, walkers to elite runners, able-bodied to individuals requiring mobility aids. It's great to see so many different

people all committed to their personal health; it's an incredibly inspiring sight."

For many, it's a chance to celebrate personal victories they've achieved, from weight loss to health goals. For those serious about running, the event is part of the MRA Race Series and MRA Youth Series. Registration is \$25 for adults and \$15 for kids 14 and under. Participants who register by April 30th receive a free T-shirt.

As a certified medical fitness facility, the Wellness Institute is committed to helping people safely integrate regular physical activity into their lifestyle for the recovery from and prevention of chronic disease and injury.

For more information, or to register, please visit [committogefitrun.ca](http://committogefitrun.ca).



# Show mom you care with a spa day

With Mother's Day just around the corner it's the perfect time to start thinking about how to show your appreciation to your mom — and what better gift than a spa gift certificate.

Facials, massages, pedicures and manicures are just the tip of the iceberg when it comes to the rejuvenation mom will feel after visiting Ten Spa, according to spa director Elena Zinchenko.

"It's the perfect time to treat your mother to our world class spa services where she can relax and rejuvenate," Zinchenko says.

With amenities like plush Turkish robes, spa sandals, a comfortable relaxation lounge with healthy snacks and herbal teas, luxurious showers, a private locker and a European thermal suite, you can't go wrong.

"Our Hamam treatment is especially popular as this modern reinterpretation of the Turkish Roman hot air bathing ritual offers several levels of treatment. All Hamam experiences are relaxing and detoxifying;

they stimulate circulation, cleanse and activate skin metabolism."

There is currently a contest called "Treat Mom to the Perfect 10 this Mother's Day" and the luxurious prize includes Ten Spa signature services: Ten's Deep Detox Facial, Ten's Signature Full Body Massage, Ten's Signature Pedicure and Manicure, all available at Winnipeg's only world-class spa.

"It's easy to enter; just like the Facebook page, comment with three words to describe your mom and share the post. One winner will be chosen at random to receive the prize pack consisting of the services worth approximately \$600."

But don't worry, if you don't win the contest you can still purchase a gift card for the perfect Mother's Day gift.

Located on the 10th floor of The Fort Garry Hotel, Spa and Conference Centre national historic site in the heart of downtown Winnipeg, Ten Spa is a world-class destination of spa luxury. All treatments




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and services are based on classic techniques infused with a modern edge.

Each Ten Spa treatment has been developed from years of research at many of the world's foremost spas, as well as hard-to-

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For more information, visit [tenspa.ca](http://tenspa.ca).



there are 1000 reasons to pamper mom on

# mother's day...

but all you need is ten

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# HEALTHY SMILE, HAPPY CHILD

They say a great smile is the key to success but a healthy grin is more important than many might realize — especially when it comes to children.

That's why the collaborative, multi-agency initiative dubbed Healthy Smile Healthy Child (HSHC) is so important, according to facilitator Dr. Bob Schroth, researcher at the Children's Hospital Research Institute of Manitoba and Associate Professor College of Dentistry, University of Manitoba, who says the prevention of early childhood tooth decay is imperative.

"The initiative aids at moving from a traditional health educator paradigm toward more of a community development approach with health promotion," Schroth explains. "Our initiative focuses on preventing early childhood tooth decay among children under six years of age and promoting good early childhood oral health."

The program started in 2000 in response to a growing wait list for dental surgery in Manitoba with the following goals: gain community acceptance of the importance of early childhood oral health, build on existing programs for young children, increase parental and existing service provider knowledge, and



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encourage service providers to incorporate prevention activities into their practice.

In 2006, the initiative became a province-wide.

"Some of the benefits of the program include capacity building of parents and service providers in Manitoba. Through the information provided by our initiative, these individuals can be given oral health education on how to reduce children's risk for early childhood tooth decay."

The program has become an integral part

of the community and without it there would likely be less promotion of children's oral health and fewer health providers outside of the dental field who advocate and promote good oral health and first dental visits.

"This initiative has helped to standardize and develop key messages about oral health that have helped to address dental misinformation," he adds.

The HSHC initiative includes research and evaluation and the team has successfully reported on the prevalence of early childhood



Dr. Bob Schroth. CONTRIBUTED

tooth decay and risk factors in different Manitoba communities.

The results have been nothing short of successful as the community development approach to addressing the problem of tooth decay has led to increased parental awareness of oral health, improved oral hygiene routines, earlier first dental visits, and fewer children developing severe tooth decay.

For more information, please visit [wrha.mb.ca/healthinfo/preventill/oral\\_child.php](http://wrha.mb.ca/healthinfo/preventill/oral_child.php).

the Children's Hospital Research Institute of Manitoba

***Today's research is tomorrow's cure.***

Researchers at the Children's Hospital Research Institute of Manitoba continue to work on groundbreaking research to improve the health of Manitoba's children.

# Research... for a healthy future

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# SPORTS AND RECREATION

## Activities key part of wellbeing

Salsa, minh-duc-jiu-jitsu and pickleball sound more like products found in grocery super-stores than your local recreation centre, but they're all activities offered by the City of Winnipeg's community services.

Living in a culturally diverse city provides opportunities for different approaches to well-being, and we're all the better for it.

Minh-duc-jiu-jitsu is a "gentler" martial art, jiu-jitsu. Minh-duc-jiu-jitsu uses elements of Aikido, Tai Chi and Kung Fu to teach the least harmful way to deter an attacker, and to protect the attacker from causing harm even to themselves.

Tai Chi may be the most gentle of the



physical arts. Tai Chi teaches you to slow down, focus and use purposeful, deliberate movements. It opens up channels of Qi, an inner energy force and addresses an off-kilter

Yin and Yang balance. Who couldn't use more balance in their lives?

We all struggle balancing individual fitness goals with family and work but keep-fit

does not need to be a solitary practise. We are social animals. Including family, friends and colleagues into our routine will help heal the balance rift.

Pickleball was created as a family activity in 1965. Now it's a sport played across the world. The game is a recipe for fun; equal parts badminton, table tennis and tennis. Stake out "The Kitchen" (the zone before the net) and away you go.

Speaking of kitchens, salsa and tango are not sauces but dances. Dancing our way to well-being conjures up '80s "Sweating to the Oldies" videos but these days we have stepped away from the neon headbands and onto the world music stage. The Argentinian Tango, the melting pot styles of Salsa and Zumba, Middle Eastern belly dancing, the urban choreography of Hip Hop, are all heart-pumping workouts. Your choice of dance partner may even get your heart racing further and we all know what dancing leads to.

Taking the lead from a multicultural community means fitness and well-being activities never have to be boring or routine. From Tango to Tai Chi, variety is the spice of life so spice up with a hit of Salsa.

## EXPERIENCE FISH 'N FUN THIS SUMMER

Give a child a fish and they will turn their nose up if it isn't finger shaped and from a box. But teach a child to fish and they will have a skill to last a lifetime, plus a healthier understanding of food sources and sustainability.

Fish 'n Fun camps for 7 - 12 year olds are among the many summer activities available through the City of Winnipeg's, Community Services Department this year.

"We do not fish for any specific type," says April Day of the Community Development & Recreation Services Division, "the children use regular fishing rods with nightcrawlers and minnows as bait. They are able to catch a wide variety of fish such as bullhead, goldeye, carp and freshwater drum to name a few."

Fishing professional Todd Longley of City Cats, will helm an excursion out onto the water for the children to catch larger fish. All fishing will be "catch and release"

Many of the camps include other sport activities such as soccer and golf; perhaps it should be called Fish 'n Chips. The program is a partnership with the Urban Angling Partnership.

For more information on summer camps, and other registered activities offered pick



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up the Spring/Summer Leisure Guide or log on to [Winnipeg.ca/leisureonline](http://Winnipeg.ca/leisureonline).

Leisure Guides are available at civic pools, libraries, and leisure centres and at more than 220 retail locations including Safeway, 7-Eleven, and Mac's.

## leisure guide

### Your one stop shop for SUMMER FUN!

From fishing, sports and pottery camps to our NEW full-day camp format for "L'il Critters", there's a camp guaranteed to put the fun in your child's summer!

 Winnipeg

**311**  
City Services

For more information visit [Winnipeg.ca](http://Winnipeg.ca)



# Winnipeg's new option for sport medicine

At one time or another we've all needed or could have benefitted from the help of a medical professional. Whether it's a stiff neck, twisted ankle, sore shoulder, or broken bone, you've experienced injury in your life.

Do you know what is avoidable though? Sitting for hours waiting to see a medical professional.

Enter the Sport Medicine Centre at 145 Pacific Avenue — your new one-stop location for your recovery needs.

If you've ever delayed or not received treatment because you didn't want to wait weeks for an appointment or in a room for hours to be seen, then the Sport Medicine Centre has you covered.

"We do our best to keep all appointments on time," says Rickie Walkden, Director of the Sport Medicine Centre. "This means your appointment is scheduled and efficient, and you can plan it around the rest of your day."

This isn't your average clinic. It is a modern, 5,226-square-foot centre with state-of-the-art equipment that offers a multitude of services. The team of health-care professionals has been carefully selected to include those who are passionate about their craft. This includes a



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sport medicine physician, physical and athletic therapists, chiropractor, massage therapist, podiatrist, nutritionist, and sport psychologist. With over 65 years of combined experience working in sport medicine, the team offers advanced rehabilitative technique, individualized plans of care, and a high level of clinical

skill. This helps to get you back into your daily lifestyle, whether it's at the office or on the field of play.

You will always receive one-on-one patient care at the Sport Medicine Centre, and the appointment times are longer than average. This means that you have your clinician's

undivided attention to go over questions and concerns. You will be their main focus, making sure all your questions are answered, exercise techniques are performed correctly, and treatment is completed efficiently. Clinicians work directly with coaches, parents, doctors/surgeons, and other team members. This ensures productive visits and puts you on track to your fastest recovery possible.

Other services at the Centre include concussion care, osteopathy, and govaki transverse technique — an intramuscular needling technique effective in treating chronic pain. High Performance programs and Golf Medicine are also available to maximize performance and to identify physical imbalances, weaknesses and injury risks. They help identify your readiness to perform sport and exercise, as well as providing a baseline to mark your progress.

The Sport Medicine Centre is located at 145 Pacific Avenue (on the second floor of the Canada Games Sport for Life Centre). Direct billing is taken care of for all major insurance companies. No referral is needed, and evening appointments are possible.

For more information, call 204-925-5944 or visit [sportmedicinecentre.ca](http://sportmedicinecentre.ca).



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# Everyone has a shot at the spike of glory

While Adrenaline Adventures' upcoming Volleyball summer season serves up opportunities for competition, of course, it also serves camaraderie. And if you'd rather cheer from the sidelines, Adrenaline's restaurant/lounge and outdoor patio is the place for post-game get-togethers as well as the spot to cheer on teams competing on one of the 20 courts available.

Leagues run from early June to August, with men's and women's 4's on Mondays, men's and women's 2's on Tuesdays, Co-ed 4's on Wednesday and Thursdays and Co-ed 6's on Thursdays. There is also youth 2's on Wednesdays.

Nationally, the female-to-male ratio of volleyball players is about two to one but, volleyball is a great equaliser. Co-ed teams work well together, skill levels balance out and positions change via rotations. The result? Everyone has a shot at the spike of glory.

"It's not like other sports where one person can take the ball or the puck and run

the length and do it yourself. You have to really work together as a team in volleyball. That's one aspect of volleyball that's different and unique from other sports," says John Blacher, executive director for Volleyball Manitoba for the last two years. Prior to that he was 15 years with Volleyball Canada.

Blacher's experience serves him well as Volleyball Manitoba has scored an ace in hosting the Volleyball Canada Under 14 Western Championship for the first time. The three-day event (May 13-15) will take place at the RBC Convention Centre in Winnipeg. On 11 courts, 88 teams from British Columbia, Alberta, Saskatchewan, Ontario and the home province will compete.

"We have been doing these competitions at Volleyball Canada for many years," says Blacher, "and this is the first opportunity for Volleyball Manitoba to host such a significant event of this size, and under one roof. With this many teams and this many courts, it's a really exciting vibe for the kids to ex-



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perience and get excited about volleyball and excited about continuing to play volleyball."

For these Grade 6, 7 and 8s the competition will be an adventure they will never forget.

Visit [volleyballmanitoba.ca](http://volleyballmanitoba.ca) for more information on the beach volleyball leagues at Adrenaline Adventures or to purchase tickets to the Under 14 Western Championship.

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**TUESDAYS: MEN'S & WOMEN'S 2'S**

**WEDNESDAYS: COED 4'S (A) & YOUTH 2'S (18U, 16U, 14U)**

**THURSDAYS: COED 4'S (B) & COED 6'S**



[www.beachbandit.ca](http://www.beachbandit.ca)

For further information or  
to register please visit  
[www.volleyballmanitoba.ca](http://www.volleyballmanitoba.ca)



"Jeez, it was like a party": Former fifth-round pick Josh Norman who recently signed a five-year \$75-million deal with the Washington Redskins

## Kessel flying under radar

NHL PLAYOFFS

### No longer top dog but still making his impact felt

Phil Kessel speaks in a polite whisper, as if he's worried talking too loudly might inadvertently attract the spotlight and well, he doesn't want that.

The Pittsburgh Penguins forward dealt with it plenty during six bumpy seasons in Toronto, where he served as the flashpoint for an under-achieving franchise no matter how many goals he scored or all-star teams he made, his natural reticence sometimes coming off as petulance for the cameras. The Maple Leafs made the playoffs just once during Kessel's tenure before shipping him to Pittsburgh last summer, a departure that wasn't exactly met with tears on either side.

The transition from a personal standpoint was easy. Playing on a roster that includes Sidney Crosby and Evgeni Malkin meant Kessel no longer had to serve as the face of the team, though when pressed about it Kessel manages only to say, "we have a lot of great players here."

His transition on the ice took a little longer. Kessel shuffled between lines searching for a comfortable fit before finding one late in the year with Nick Bonino and Carl Hagelin.



Phil Kessel has three goals and three assists in these playoffs. BRUCE BENNETT/GETTY IMAGES

The trio was dynamic at times during Pittsburgh's first-round evisceration of the New York Rangers, Kessel producing three goals and

three assists, including a vapour-trail inducing wrist shot past Henrik Lundqvist in the first period of the clincher that set the stage for a 6-2 blowout.

"He can change a game with one shot," Crosby said.

**“**He deserves all the credit for what he's accomplished here over the last two months.

Penguins coach  
Mike Sullivan

One that few players in the league can match.

The Penguins were on their heels a bit and trailing 2-1 when Kessel took a pass from Crosby and raced down the right side, before letting go a sizzler that ticked off Lundqvist's stick and rocketed into the net. It came minutes after his meticulous centring pass to Hagelin put the Penguins on the board.

The player long blamed for Toronto's shortcomings has become an important member of a team peaking as it prepares for top-seed Washington in the second round starting this week.

"He's a clutch guy when you need a goal," Penguins defence-man Kris Letang said.

A word not often associated with Kessel while wearing the iconic Maple Leafs sweater. Yet those days are long behind him. His gelling with Bonino and Hagelin gives the Penguins three legitimate scoring lines, the kind of depth necessary to make extended runs at raising the Stanley Cup.

"We just go out there and try to play our game and play hard," Kessel said.

THE ASSOCIATED PRESS

NBA PLAYOFFS

### Curry out at least two weeks

Stephen Curry will miss at least two weeks for Golden State with a sprained ligament in his right knee, dealing a blow to the Warriors' hopes of following a record-breaking season with a second straight championship.

The Warriors said an MRI on Curry's knee Monday determined he had a Grade 1 sprain of the MCL and will be re-evaluated in two weeks.

That timetable would lead to Curry missing the rest of the first round of the playoffs and likely at least the first four games in the next round if the Warriors are able to advance.

**30.1**

Curry's points-per-game average this past regular season, a league best.

Golden State leads Houston 3-1 in its first-round series. Game 5 is Wednesday night in Oakland.

Curry was injured on the final play of the first half of Sunday's 121-94 win in Houston when he slid awkwardly on a wet spot on the court and fell. He immediately grabbed his knee and jogged with a limp to the locker-room.

He came out with the team after halftime, but sat on the bench for most of the warmup time. After talking with coaches, he returned to the locker-room with his second injury of the series. Curry had missed the previous two games with a sprained right ankle.

The Warriors thrived without Curry on Sunday, hitting eight three-pointers in the third quarter alone to turn a tie game into a 21-point lead on the way to the easy win. THE ASSOCIATED PRESS



Stephen Curry GETTY IMAGES

Go to [metronews.ca](http://metronews.ca) for coverage of Blackhawks-Blues Game 7 and Ducks-Predators Game 6.

DEFLATEGATE

### Brady to serve ban, appeals court rules

New England Patriots quarterback Tom Brady must serve a four-game "Deflategate" suspension imposed by the NFL, a federal appeals court ruled Monday, overturning a lower judge and siding with the league in a battle with the players union.

A three-judge panel of the 2nd U.S. Circuit Court of Appeals in Manhattan ruled 2-to-1 that commissioner Roger Goodell did not deprive Brady of "fundamental fairness" with



Tom Brady  
THE ASSOCIATED PRESS FILE

and the reputation of one of the league's top teams.

THE ASSOCIATED PRESS

his procedural rulings.

The split decision may end the legal debate over the scandal that led to months of football fans arguing over air pressure

### IN BRIEF

#### Nadal takes legal action over doping accusation

Rafael Nadal filed a suit Monday against a former French minister who accused him of doping, saying he needs to defend his integrity and image as an athlete.

The Spanish tennis star said his lawyers lodged the defamation suit in Paris against Roselyne Bachelot, France's former minister for health and sport, because of her "offensive remarks" on French television last month. THE ASSOCIATED PRESS

MMA

### Retirement ruse ups the ante for UFC 200

Five days have passed since Conor McGregor ended his 24-hour retirement, and we're still not sure if the Ultimate Fighting Championship's most bankable fighter will participate in the organization's showcase event, UFC 200.

UFC president Dana White dropped McGregor from the card last week over the featherweight champion's refusal to participate in a promotional event. McGregor says he has reached an agreement with

the promoter, but White maintains he hasn't even spoken with McGregor's camp about reinstatement.

The continued buzz surrounding McGregor's status raises the question of whether the fighter and the UFC are benefiting from the dispute. By defying the UFC's order to help promote the July 9 event, McGregor has provided more publicity than any news conference could.

TORSTAR NEWS SERVICE



# RECIPE Grilled Salmon and Zucchini Skewers



PHOTO: MAYA VISNIEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

We like leaning on quick cook items as a weeknight dinner strategy and these salmon skewers fit the bill and then some thanks to a flavorful marinade featuring ginger, soy and sesame.

**Ready in**  
Prep time: 25 minutes  
Cook time: 10 minutes

## Ingredients

- 1 tsp grated ginger
- ¼ cup soy sauce
- 2 Tbsp rice wine vinegar
- 1 Tbsp sesame oil
- 3 filets of salmon
- 2 or 3 small zucchinis

## Directions

1. Soak wooden skewers in water

for at least 20 minutes.

2. Whisk together the ginger, soy, vinegar and sesame oil. Place salmon filets in the marinade for 20 minutes

3. Remove the salmon from the marinade and cut the filets into chunks — maybe 1 x 2 inches — and set aside. Slice the zucchini into rings and toss in the marinade quickly. Thread the fish and veggies onto the wooden skewers.

4. Preheat your grill or grill pan to medium high and wipe the grill with oil. Place the skewers over the heat and give each side about three minutes before turning. Serve these skewers over steamed rice or a bed of greens.

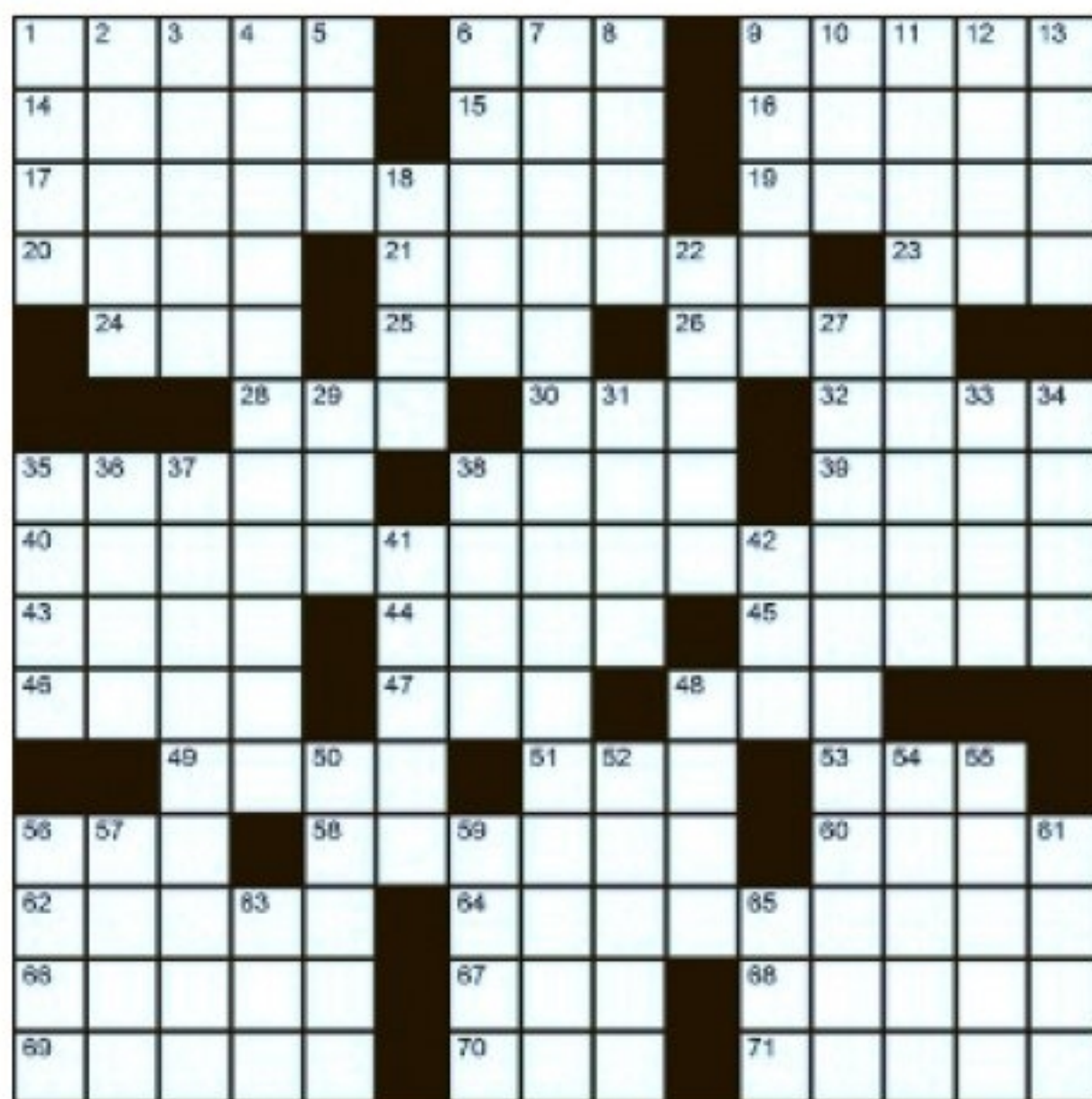
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Toronto Raptors guard Mr. DeRozan
6. Scene of Toronto Raptors home game action, for short
9. Toronto Raptors point guard, Kyle \_
14. Belonging to Stratford, Ontario's river
15. A.A. Milne character
16. Nose-\_\_ (Snob-bish stance)
17. Guru/guide's gig
19. \_\_ bore
20. "You \_\_" by Lady Gaga
21. Fancily-uniformed cavalrman of 15th-century Hungary
23. Scheming
24. "The Hangover Part II" (2011), e.g.
25. Scott's uncle
26. Michelle Pfeiffer's soundbite in the "Batman Returns" (1992) trailer
28. Tail'-mean-ing prefix
30. P. to Socrates
32. Hazes
35. Velocity
38. Russian physiologist Mr. Pavlov
39. Liberate
40. Instrument for Canadian musician Liana Boyd: 2 wds.
43. Miley Cyrus' mother
44. Apportion
45. Professors [abbr.]
46. Prohibit
47. William Tell's canton
48. Scot's 'no'



49. Mil. two-striper
51. Sight: French
53. Shih \_\_ (Toy dog)
56. Commotion
58. Guardian of Greece's capital, in mythology
60. Feeds on food
62. Daytime shows, e.g.

64. Off-the-cuff
66. Lotto winner's shout, ~ \_\_ for life now!
67. Prefix to 'centre'
68. Increased
69. Some cheeses
70. SIN's equivalent in the USA
71. Crowned heads, once

## DOWN

1. Lady: Spanish
2. Makes flush
3. World: French
4. Place to browse for collectibles and other treasures: 2 wds.
5. '70s record label
6. 'Planet' suffix
7. Politicians on

- Parliament Hill, e.g.: 2 wds.
8. Sprockets
9. Soya milk carton quantity
10. 'Pepper' suffix (Pizza topping)
11. Evangeline: A Tale of Acadie poet, Henry \_ Longfellow

- (b.1807 - d. 1882)
12. Currency in Oman
13. Annual [abbr.]
18. Prefix with 'stat'
22. Melanie Griffith movie, "A Stranger \_ Us" (1992)
27. Some workers, e.g.: 2 wds.
29. "Mr. Holland's Opus" (1995) star ...his initials-sharers
31. Fit
33. Equipment
34. Religious addresses, briefly
35. Station for Edith Prickley
36. Ballet movement
37. The Maritimes: 2 wds.
38. Freezer
41. " \_\_ be imagining things!" (This can't be real!)
42. Theatre's Ms. Hagen
48. Close
50. Endures
52. Remove the brooch
54. Rock star kid Dweezil
55. Complete
56. "Dream on!": 2 wds.
57. Stadium roof
59. Rushes the horse
61. Kitchen sink froths
63. Little legume
65. Asleep

# ★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Do whatever you can to break up your daily routine, because you have a strong desire for adventure and freedom today. However, postpone major purchases until tomorrow.

**Taurus** April 21 - May 21  
This is a strong time for you with the Sun and Mercury in your sign; however, today is a loosey-goosey day. Avoid decisions about inheritances and shared property.

**Gemini** May 22 - June 21  
Go with the flow, because the Moon is opposite your sign and it's in a fuzzy position. Avoid purchases other than food and gas. Make no promises.

**Cancer** June 22 - July 23  
Your efficiency at work might suffer today. Expect shortages and delays. Just carry on as usual with routine work, and don't begin anything new.

**Leo** July 24 - Aug. 23  
This is a creative day for you! If you work in the arts, the entertainment world or the hospitality industry, you're in the zone! Enjoy goofing off.

**Virgo** Aug. 24 - Sept. 23  
Although you have a desire to travel now, today in particular, you might want to hunker down at home. It will feel good to be among familiar surroundings.

**Libra** Sept. 24 - Oct. 23  
This is a poor day to make important decisions or to sign documents. It's also a poor day to make promises or commit to anything. Wait until tomorrow.

**Scorpio** Oct. 24 - Nov. 22  
Remember to get more sleep in the next few weeks, because you need this. Be careful with your money today! Don't shop for anything other than food or gas.

**Sagittarius** Nov. 23 - Dec. 21  
It's all about you, because three planets are in your sign. This is why you're pumped with energy. Today, however, you feel indecisive and wishy-washy; therefore, do as little as possible.

**Capricorn** Dec. 22 - Jan. 20  
Tap into your artistic talents today so that you can express your creativity. Enjoy social events, playful times of children and sports. Fun city!

**Aquarius** Jan. 21 - Feb. 19  
This is a great day to schmooze with others, because people are friendly. Spend money on food, gas and social situations, but that's all. Postpone shopping until tomorrow.

**Pisces** Feb. 20 - March 20  
Personal details about your private life might be made public for some reason. If so, this will be out of your control today. Just be aware of this.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5	8	3	9	2	7	4	
6							2	
		4	1	6	5	8		
	3						9	
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		7	9	1	4	5		

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**Now Hiring:**  
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The AWRA is hiring a permanent, full time, community minded Site Manager to care for our community club, our member's and its grounds. The successful team member must have a personal vehicle, a valid class 5 drivers licence as well as experience operating machinery including but not limited to a zamboni, tractor, riding mower, etc. While organizing and providing leadership to a team of 1-3 employees, meeting the City of Winnipeg's requirements and the board of director's expectations, this person will have the opportunity to share in the pride of our club's success in the community of Assiniboia for years to come. For a complete job description with contact details, please visit our website at [www.awra.ca](http://www.awra.ca). Application deadline is May 6th 2016. Please forward resumes to [facilities@awra.ca](mailto:facilities@awra.ca)





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